

# MISO AUBERGINE



## QUICK



10 mins prep

## HEALTHY

Aubergine is a high fibre, low calorie vegetable

## FAMILY

Feeds 4-5 as a side dish

## MEALS

Serve with Ponzu Chicken and Egg Fried Rice

## INGREDIENTS

- 2 aubergines
- 2 tbs oil
- 2 garlic cloves
- 1 heaped tbs miso paste
- 2 spring onions
- 1 tbs sesame seeds plus a few extra
- 2 tbs soy sauce
- 2 tbs Chinese rice vinegar
- 1 tbs mirin
- Salt and Pepper

## METHOD

- 1) Dice your aubergine into 1cm squares
- 2) Heat 2 tbs oil in a large frying pan
- 3) When hot, add the aubergine and mix well.
- 4) Leave to cook on a high heat – stirring occasionally – it may need an extra tbs oil
- 5) In a measuring jug, dissolve the miso paste in 100ml boiling water
- 6) Add the soy, mirin and rice vinegar
- 7) Slice the spring onions
- 8) When your aubergine is browned (approx. 10 mins) add your minced garlic and cook for 1 minute
- 9) Add liquid and stir continuously until the liquid evaporates – approx. 1 minute
- 10) Mix in sesame seeds
- 11) Serve sprinkled with the spring onion and a few extra sesame seeds



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)